

355 Martins Lane, Rockville, MD 20850 • 240-314-8750

# Aquatics

## Rockville Municipal Swim Center

The Swim Center, has two indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee.

**M= Member • NM= Non Member**

You will only receive the discounted rate if your membership is up-to-date.

### Registration Procedures

**Starting at 8:30 a.m.**

**Residents & Members:**

Tuesday, August 14

**Non-Residents & Non-Members:**

Thursday, August 28

**Registration Deadline:**

2 weeks prior to start date.

**No class 11/22-25**

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

**Mail to:**

**or**

**Fax to:**

Swimming Lessons  
Rockville Municipal Swim Center  
355 Martins Lane  
Rockville, MD 20850

Swimming Lessons  
240-314-8759



### Adult/Child Classes:

An adult **MUST** accompany **EACH** child into the water for each Adult/Child class and a signed doctor's permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Swim Center.

## Adult/Child Swim

### Bobbers 1 - Adult/Child ♥

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking.

Ages: 3-5

23191	Sa	Sep 8-Oct 20	11:25am-11:55am	\$62/\$77
23193	Sa	Sep 8-Oct 20	9am-9:30am	\$62/\$77
23195	Su	Sep 9-Oct 21	9:15am-9:45am	\$60/\$75
23437	Su	Sep 9-Oct 21	11am-11:30am	\$62/\$77
23189	Th	Sep 13-Oct 25	9:30am-10am	\$62/\$77
23192	Sa	Oct 27-Dec 15	11:25am-11:55am	\$62/\$77
23194	Sa	Oct 27-Dec 15	9am-9:30am	\$62/\$77
23196	Su	Oct 28-Dec 16	9:15am-9:45am	\$62/\$77
23199	Su	Oct 28-Dec 16	11am-11:30am	\$62/\$77
23190	Th	Nov 1-Dec 13	9:30am-10am	\$53/\$66

Location: North Pool

### Bobbers 2 - Adult/Child ♥

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well.

Ages: 3-5

23200	Sa	Sep 8-Oct 20	9:35am-10:05am	\$62/\$77
23202	Sa	Sep 8-Oct 20	8:25am-8:55am	\$62/\$77
23204	Su	Sep 9-Oct 21	8:40am-9:10am	\$62/\$77
23201	Sa	Oct 27-Dec 15	9:35am-10:05am	\$62/\$77
23203	Sa	Oct 27-Dec 15	8:25am-8:55am	\$62/\$77
23205	Su	Oct 28-Dec 16	8:40am-9:10am	\$62/\$77

Location: North Pool

### Bubblers 1 - Adult/Child ♥

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult **MUST** accompany **EACH** child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 6 months-18 months

23210	Sa	Sep 8-Oct 20	10:50am-11:20am	\$62/\$77
23208	Su	Sep 9-Oct 21	10:25am-10:55am	\$62/\$77
23206	Tu	Sep 11-Oct 23	9am-9:30am	\$62/\$77
23211	Sa	Oct 27-Dec 15	10:50am-11:20am	\$62/\$77
23209	Su	Oct 28-Dec 16	10:25am-10:55am	\$62/\$77
23207	Tu	Oct 30-Dec 11	9am-9:30am	\$62/\$77

Location: North Pool

# Aquatics

## Bubblers 2 - Adult/Child ♥

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 18 months-36 months

23212	Sa	Sep 8-Oct 20	10:10am-10:40am	\$62/\$77
23216	Su	Sep 9-Oct 21	9:50am-10:20am	\$62/\$77
23219	Su	Sep 9-Oct 21	11:30am-12 noon	\$62/\$77
23221	Th	Sep 13-Oct 25	9am-9:30am	\$62/\$77
23213	Sa	Oct 27-Dec 15	10:10am-10:40am	\$62/\$77
23217	Su	Oct 28-Dec 16	9:50am-10:20am	\$62/\$77
23220	Su	Oct 28-Dec 16	11:30am-12 noon	\$62/\$77
23218	Th	Nov 1-Dec 13	9am-9:30am	\$53/\$66

Location: North Pool

## Preschool Swim

We love parents but . . . in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is two (2) weeks prior to the start of the class, unless otherwise noted.

## Floater 1 ♥

Floater 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front and back.

Ages: 4-6

23241	Sa	Sep 8-Oct 20	9am-9:40am	\$65/\$81
23243	Sa	Sep 8-Oct 20	10:30am-11:10am	\$65/\$81
23244	Sa	Sep 8-Oct 20	11:15am-11:55am	\$65/\$81
23249	Su	Sep 9-Oct 21	9am-9:40am	\$65/\$81
23250	Su	Sep 9-Oct 21	9:45am-10:25am	\$65/\$81
23251	Su	Sep 9-Oct 21	10:30am-11:10am	\$65/\$81
23252	Su	Sep 9-Oct 21	11:15am-11:55am	\$65/\$81
23247	M	Sep 10-Oct 22	3:30pm-4pm	\$65/\$81
23245	F	Sep 14-Oct 26	4pm-4:30pm	\$65/\$81
23254	Sa	Oct 27-Dec 15	9am-9:40am	\$63/\$79
23256	Sa	Oct 27-Dec 15	10:30am-11:10am	\$63/\$79
23257	Su	Oct 28-Dec 16	9am-9:40am	\$63/\$79
23258	Su	Oct 28-Dec 16	9:45am-10:25am	\$65/\$81
23259	Su	Oct 28-Dec 16	10:30am-11:10am	\$63/\$79
23260	Su	Oct 28-Dec 16	11:15am-11:55am	\$65/\$81
23248	M	Oct 29-Dec 10	3:30pm-4pm	\$65/\$81
23246	F	Nov 2-Dec 14	4pm-4:30pm	\$56/\$70

23459	M	Sep 10-Oct 22	4:30pm-5pm	\$65/\$81
23460	M	Oct 29-Dec 10	4:30pm-5pm	\$65/\$81
23461	Tu	Sep 11-Oct 23	4:30pm-5pm	\$65/\$81
23462	Tu	Oct 30- Dec11	4:30pm-5pm	\$65/\$81
23463	W	Sep 12- Oct 24	4pm-4:30pm	\$65/\$81
23464	W	Oct 31-Dec 12	4pm-4:30pm	\$65/\$81
23465	Th	Sep 13-Oct 25	5pm-5:30pm	\$65/\$81
23466	Th	Nov 1- Dec 13	5pm-5:30pm	\$56/\$70

Location: North Pool

## Floater 2 ♥

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

Ages: 4-6

23271	Sa	Sep 8-Oct 20	9:45am-10:25am	\$65/\$81
23272	Sa	Sep 8-Oct 20	11:15am-11:55am	\$65/\$81
23273	Su	Sep 9-Oct 21	9:45am-10:25am	\$65/\$81
23274	Su	Sep 9-Oct 21	11:15am-11:55am	\$65/\$81
23261	M	Sep 10-Oct 22	4pm-4:30pm	\$65/\$81
23263	Tu	Sep 11-Oct 23	5pm-5:30pm	\$65/\$81
23265	W	Sep 12-Oct 24	3:30pm-4pm	\$65/\$81
23267	Th	Sep 13-Oct 25	5pm-5:30pm	\$65/\$81
23269	F	Sep 14-Oct 26	3:30pm-4pm	\$65/\$81
23275	Sa	Oct 27-Dec 15	9:45am-10:25am	\$65/\$81
23276	Sa	Oct 27-Dec 15	11:15am-11:55am	\$65/\$81
23277	Su	Oct 28-Dec 16	9:45am-10:25am	\$65/\$81
23278	Su	Oct 28-Dec 16	11:15am-11:55am	\$65/\$81
23262	M	Oct 29-Dec 10	4pm-4:30pm	\$65/\$81
23264	Tu	Oct 30-Dec 11	5pm-5:30pm	\$65/\$81
23266	W	Oct 31-Dec 12	3:30pm-4pm	\$65/\$81
23268	Th	Nov 1-Dec 13	5pm-5:30pm	\$56/\$70
23270	F	Nov 2-Dec 14	3:30pm-4pm	\$56/\$70
23467	Tu	Sep 11-Oct 23	5:30pm-6pm	\$65/\$81
23468	Tu	Oct 30- Dec 11	5:30pm-6pm	\$65/\$81

Location: North Pool

## Strokers 1 ♥

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Ages: 4-6

23329	Sa	Sep 8-Oct 20	9am-9:40am	\$65/\$81
23330	Sa	Sep 8-Oct 20	10:30am-11:10am	\$65/\$81
23331	Su	Sep 9-Oct 21	9am-9:40am	\$65/\$81
23332	Su	Sep 9-Oct 21	11:15am-11:55am	\$65/\$81
23321	M	Sep 10-Oct 22	4:30pm-5pm	\$65/\$81
23323	W	Sep 12-Oct 24	4pm-4:30pm	\$65/\$81
23325	Th	Sep 13-Oct 25	5:30pm-6pm	\$65/\$81
23327	F	Sep 14-Oct 26	4:30pm-5pm	\$65/\$81

# Aquatics

## Children's Swim

We love parents but . . . to assist us in offering a quality program for your child, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans. Thank you for your cooperation.

23333	Sa	Oct 27-Dec 15	10:30am-11:10am	\$65/\$81
23334	Su	Oct 28-Dec 16	9am-9:40am	\$65/\$81
23322	M	Oct 29-Dec 10	4:30pm-5pm	\$65/\$81
23324	W	Oct 31-Dec 12	4pm-4:30pm	\$65/\$81
23326	Th	Nov 1-Dec 13	5:30pm-6pm	\$56/\$70
23328	F	Nov 2-Dec 14	4:30pm-5pm	\$56/\$70
23469	T	Sep 11-Oct 23	5pm-5:30pm	\$65/\$81
23470	Tu	Oct 30-Dec 11	5pm-5:30pm	\$65/\$81
23471	F	Sep 14-Oct 26	3:30pm-4pm	\$65/\$81
23472	F	Nov 2-Dec 14	3:30pm-4pm	\$56/\$70

Location: North Pool

## Strokers 2 ♥

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

Ages: 4-6

23341	Sa	Sep 8-Oct 20	9:45am-10:25am	\$65/\$81
23342	Sa	Sep 8-Oct 20	11:15am-11:55am	\$65/\$81
23343	Su	Sep 9-Oct 21	9:45am-10:25am	\$65/\$81
23346	Tu	Sep 11-Oct 23	5:30pm-6pm	\$65/\$81
23339	W	Sep 12-Oct 24	4:30pm-5pm	\$65/\$81
23344	Su	Oct 28-Dec 16	9:45am-10:25am	\$65/\$81
23345	Su	Oct 28-Dec 16	11:15am-11:55am	\$65/\$81
23347	Tu	Oct 30-Dec 11	5:30pm-6pm	\$65/\$81
23340	W	Oct 31-Dec 12	4:30pm-5pm	\$65/\$81
23473	M	Sep 10- Oct 22	4pm-4:30pm	\$65/\$81
23474	M	Oct 29- Dec 10	4pm-4:30pm	\$65/\$81
23475	W	Sep 12- Oct 24	3:30pm-4pm	\$65/\$81
23476	W	Oct 31- Dec 12	3:30pm-4pm	\$56/\$70
23477	Th	Sep 13-Oct 25	5:30pm-6pm	\$65/\$81
23478	Th	Nov 1- Dec 13	5:30pm-6pm	\$65/\$81
23479	F	Sep 14- Oct 26	4pm-4:30pm	\$65/\$81
23480	F	Nov 2- Dec 14	4pm-4:30pm	\$56/\$70

Location: North Pool

## NEW RESIDENT TO ROCKVILLE??

Visit our City's "Online Welcome Kit" at [www.rockvillemd.gov/welcome](http://www.rockvillemd.gov/welcome) designed to help new residents easily find important information.

## Swim Team Prep ♥

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

Ages: 7+

23356	Sa	Sep 8-Oct 20	9:45am-10:25am	\$58/\$72
23359	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23360	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23357	Sa	Oct 27-Dec 15	9:45am-10:25am	\$58/\$72
23361	Sa	Oct 27-Dec 15	11:15am-11:55am	\$58/\$72
23362	Su	Oct 28-Dec 16	9:45am-10:25am	\$58/\$72
23363	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$72

Location: North Pool

## Youth 1 ♥

Water adjustment is the focus. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be comfortable putting their face all the way in the water. Must be comfortable in the water and with ALL of these skills prior to moving on to Youth 2.

Ages: 6+

23374	Sa	Sep 8-Oct 20	9:45am-10:25am	\$58/\$72
23375	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23376	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23379	Su	Sep 9-Oct 21	12 noon-12:40pm	\$58/\$72
23372	Tu	Sep 11-Oct 23	4:30pm-5pm	\$58/\$72
23377	Sa	Oct 27-Dec 15	9am-9:40am	\$58/\$72
23378	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$72
23380	Su	Oct 28-Dec 16	12 noon-12:40pm	\$58/\$72
23373	Tu	Oct 30-Dec 11	4:30pm-5pm	\$58/\$72
23481	M	Sep 10- Oct 22	3:30pm-4pm	\$58/\$72
23482	M	Oct 29- Dec 10	3:30pm-4pm	\$58/\$72
23483	W	Sep 12-Oct 24	4:30pm-5pm	\$58/\$72
23484	W	Oct 31- Dec 12	4:30pm-5pm	\$58/\$72
23485	Th	Sep 13- Oct 25	4:30pm-5pm	\$58/\$72
23486	Th	Nov 1- Dec 13	4:30pm-5pm	\$50/\$63

Location: North Pool



# Aquatics

## Youth 2 ♥

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

Ages: 6+

23381	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23382	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23383	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23384	Su	Sep 9-Oct 21	12 noon-12:40pm	\$58/\$72
23387	Th	Sep 13-Oct 25	4:30pm-5pm	\$58/\$72
23385	Sa	Oct 27-Dec 15	9:45am-10:25am	\$58/\$72
23386	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72
23389	Su	Oct 28-Dec 9	10:30am-11:10am	\$58/\$72
23390	Su	Oct 28-Dec 9	12 noon-12:40pm	\$58/\$72
23388	Th	Nov 1-Dec 13	4:30pm-5pm	\$50/\$63
23487	F	Sept 14-Oct 26	4:30pm-5pm	\$58/\$72
23488	F	Nov 2- Dec 14	4:30pm-5pm	\$50/\$63

Location: North Pool

## Youth 3 ♥

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

Ages: 6+

23391	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23392	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23393	Sa	Sep 8-Oct 20	11:15am-11:55am	\$58/\$72
23394	Su	Sep 9-Oct 28	9:45am-10:25am	\$58/\$72
23395	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23396	Su	Sep 9-Oct 21	12 noon-12:40pm	\$58/\$72
23397	Sa	Oct 27-Dec 15	9am-9:40am	\$58/\$72
23398	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72
23399	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$70
23400	Su	Oct 28-Dec 16	12 noon-12:40pm	\$58/\$72

Location: North Pool



## Youth 4 ♥

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

Ages: 6+

23401	Sa	Sep 8-Oct 20	10:30am-11:10am	\$58/\$72
23402	Sa	Sep 8-Oct 20	11:15am-11:55am	\$58/\$72
23403	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23404	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23405	Su	Sep 9-Oct 21	11:15am-11:55am	\$58/\$72
23406	Sa	Oct 27-Dec 15	11:15am-11:55am	\$58/\$72
23407	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72
23408	Su	Oct 28-Dec 16	9:45am-10:25am	\$58/\$72
23409	Su	Oct 28-Dec 16	11:15am-11:55am	\$58/\$72

Location: South Pool

## Youth 5 ♥

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Ages: 6+

23412	Sa	Sep 8-Oct 20	9:45am-10:25am	\$58/\$72
23413	Sa	Sep 8-Oct 20	11:15am-11:55am	\$58/\$72
23414	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23415	Su	Sep 9-Oct 21	9:45am-10:25am	\$58/\$72
23416	Su	Sep 9-Oct 21	11:15am-11:55am	\$58/\$72
23417	Sa	Oct 27-Dec 15	9:45am-10:25am	\$58/\$72
23418	Su	Oct 28-Dec 16	9:45am-10:25am	\$58/\$72
23419	Su	Oct 28-Dec 16	11:15am-11:55am	\$58/\$72

Location: South Pool

## Youth 6 ♥

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Ages: 6+

23421	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23423	Su	Sep 9-Oct 21	9:45am-10:25am	\$58/\$72
23424	Su	Sep 9-Oct 21	10:30am-11:10am	\$58/\$72
23425	Sa	Oct 27-Dec 15	10:30am-11:10am	\$58/\$72
23426	Su	Oct 28-Dec 16	9am-9:40am	\$58/\$72

Location: South Pool

# Aquatics

## Youth 7 ♥

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5 & 6 in order to take this class.

Ages: 6+

23428	Sa	Sep 8-Oct 20	9am-9:40am	\$58/\$72
23430	Su	Sep 9-Oct 21	9am-9:40am	\$58/\$72
23431	Su	Sep 9-Oct 21	11:15am-11:55am	\$58/\$72
23433	Sa	Oct 27-Dec 15	10:30am-11:10am	\$58/\$72
23434	Su	Oct 28-Dec 16	10:30am-11:10am	\$58/\$72
23436	Su	Oct 28-Dec 16	11:15am-11:55am	\$58/\$72

Location: South Pool

## Adult Swim

### Adult Beginner 1 ♥

Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

Ages: 14+

23138	W	Sep 12-Oct 24	8:30pm-9:15pm	\$58/\$72
23143	W	Oct 31-Dec 12	8:30pm-9:15pm	\$58/\$72

Location: South Pool

### Adult Beginner 2 ♥

Designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 recommended prior to attending.

Ages: 14+

23148	Tu	Sep 11-Oct 23	8:20pm-9:05pm	\$58/\$72
23144	W	Sep 12-Oct 24	8:30pm-9:15pm	\$58/\$72
23151	Th	Nov 1-Dec 13	8:20pm-9pm	\$50/\$63

Location: South Pool

### Adult Beginner 3 ♥

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

Ages: 14+

23152	Th	Sep 13-Oct 25	8:20pm-9pm	\$58/\$72
23153	Tu	Oct 30-Dec 11	8:20pm-9pm	\$58/\$72

Location: South Pool

## Adult Stroke Correction ♥

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. These sessions are not for Beginners! Adult Beginner 3 is recommended prior to attending.

Ages: 14+

23159	W	Oct 31-Dec 12	8:30pm-9:15pm	\$58/\$72
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Location: South Pool

## Adult Water Fitness

### Aqua Blast ♥

Start the day off right-have a blast! Fast paced water exercise class for people who want to workout in the morning. This low-impact high-energy workout is great for both sexes. You do not have to swim to benefit from this class. Music is used. This class is a combination of the Tues./Thurs. cardio training classes.

Ages: 18+

23164	Tu & Th	Sep 11-Dec 13	6:35am-7:20am	\$115/\$134
23191	Tu & Th	Sep 11-Dec 13	8:20pm-9:05am	\$115/\$134

Location: South Pool

### Aqua Boogie ♥

Join us for this aquatic dance class that will move and shake your muscles in the water! Various genres of music used from swing to jazz to boogie. Keep in shape and learn new dance steps at the same time! A great mid-morning work out.

Ages: 14+

23166	Th	Sep 13-Dec 13	10:10am-10:55am	\$56/\$70
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Location: South Pool

### Aqua Fitness ♥

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

Ages: 16+

23167	M & W	Sep 10-Dec 12	8:30am-9:15am	\$119/\$138
23168	M & W	Sep 10-Dec 12	9:15am-10am	\$119/\$138
23173	Tu & Th	Sep 11-Dec 13	8:30am-9:15am	\$115/\$134
23174	Tu & Th	Sep 11-Dec 13	9:15am-10am	\$115/\$134
23175	F	Sep 14-Dec 14	8:30am-9:15am	\$56/\$70
23176	F	Sep 14-Dec 14	9:15am-10am	\$56/\$70

Location: North Pool

# Aquatics

## Aqua Jog ♥

This jogging class will take you from deep water to shallow water, using the waters' resistance to help with your workout. Participants provided with a belt or can bring their own. You can step up the moves for a more cardio workout or tone it down for a low impact, strengthening workout. Music may be used.

Ages: 14+

23182 Tu Sep 11-Dec 11 10:15am-11am \$60/\$75

Location: South Pool

## Deep Water Workout ♥

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will work your legs and help tone your whole body. Music may or may not be used.

Ages: 16+

23231 M Sep 10-Dec 10 9:15am-10am \$60/\$75

23234 Tu Sep 11-Dec 11 7:35pm-8:20pm \$60/\$75

23232 W Sep 12-Dec 12 9:15am-10am \$60/\$75

23235 Th Sep 13-Dec 13 7:35pm-8:20pm \$56/\$70

23233 F Sep 14-Dec 14 9:15am-10am \$56/\$70

Location: South Pool

## H2O Walking ♥

A fitness program that involves walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Thirty minutes of water walking equals two hours of land walking. Taught in deep and shallow water. Music may be used.

Ages: 15+

23284 M Sep 10-Dec 10 9:15am-10am \$60/\$75

23287 Tu Sep 11-Dec 11 7:35pm-8:20pm \$60/\$75

23285 W Sep 12-Dec 12 9:15am-10am \$60/\$75

23288 Th Sep 13-Dec 13 7:35pm-8:20pm \$56/\$70

Location: South Pool

## Noodle-cise ♥

A noodle is a long foam swim aid that most people see children playing with in the pool! But this is a shallow to deep workout utilizing the noodle! This class will help strengthening and tone muscles in a fun, unique way. Music may be used.

Ages: 14+

23298 Tu Sep 11-Dec 11 9:30am-10:15am \$60/\$75

Location: South Pool

## Swim 4 Fitness ♥

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Do not have to be a proficient swimmer to enroll but must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Ages: 15+

23348 Tu Sep 11-Dec 11 11:10am-11:55am \$60/\$75

23349 Tu Sep 11-Dec 11 9:15pm-10pm \$60/\$75

23350 Th Sep 13-Dec 13 11:10am-11:55am \$56/\$70

23351 Th Sep 13-Dec 13 9:15pm-10pm \$56/\$70

Location: North Pool

## Twinges in Your Hinges ♥

Designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. Geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

Ages: 14+

23364 M & W Sep 10-Dec 12 9:15am-10:15am \$147/\$175

23366 Tu & Th Sep 11-Dec 13 8:30am-9:30am \$142/\$170

Location: North Pool





# Aquatics

## Senior Swim

### 60 Plus Swim ♥

Maintain a younger you by taking our dynamic water exercise/swim class. Designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and class is taught to music. Note: Senior residents pay member fee.

Ages: 60+  
23136 Tu & Th Sep 11-Dec 13 2pm-2:45pm \$60/\$75  
Location: South Pool

## Senior Adult Exercise Swim ♥

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay member fee.

Ages: 60+  
23306 M & W Sep 10-Dec 12 2:30pm-3:15pm \$63/\$79  
Location: North Pool

## Senior Aquacize ♥

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay member fee.

Ages: 60+  
23308 M, W & F Sep 10-Dec 14 10:10am-10:55am \$93/\$114  
Location: North Pool

## Senior Aquacize - Advanced ♥

Same as Senior Aquacize only faster paced. Note: Senior residents pay member fee.

Ages: 60+  
23310 M, W & F Sep 10-Dec 14 11:5am-11:50am \$93/\$114  
Location: South Pool

Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

**REGISTER EARLY!**

## Special Swim

### Aqua MS ♥

Exercise class or individuals suffering from MS. Geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

Ages: 18+  
23183 Tu & Th Sep 11-Dec 13 9:30am-10:30am \$142/\$170  
Location: North Pool

## Aqua Pre and Post-Natal Workout ♥

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy. Check with your doctor before starting this class.

Ages: 18+  
23185 F Sep 14-Dec 14 9:15am-10am \$69/\$86  
Location: South Pool

## Aquatic Doctor's Orders ♥

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Tailored to individual needs.

Ages: 18+  
23187 Tu & Th Sep 11-Dec 13 10:10am-10:55am \$142/\$170  
Location: North Pool

## CPR/AED for the Professional Rescuer ♥

The purpose of this American Red Cross course is to teach professional rescuers the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of automated external defibrillation to care for a victim of cardiac arrest. This class is perfect for nurses, technicians, lifeguards, doctors, EMT's, paramedics and anyone else in the health care profession.

Ages: 15+  
23227 Su Sep 10-Sep 10 11am-7pm \$100/\$125  
23228 Su Oct 8-Oct 8 11am-7pm \$100/\$125  
23229 Su Nov 12-Nov 12 11am-7pm \$100/\$125  
23230 Su Dec 17-Dec 17 11am-7pm \$100/\$125  
Location: Conference Room

Fee = Resident/Non-Resident

# Aquatics

## Rockville Masters Swimming ♥

Designed specifically for swimmers who are competing in the Masters Program of United States Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. A structured swimming workout with a professional coach. Participants expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Ages: 18+

23301	M	Sep 10-Dec 10	6:30am-7:30am	\$75/\$94
23300	M & W	Sep 10-Dec 12	6:30am-7:30am	\$126/\$147
23299	M, W & F	Sep 10-Dec 14	6:30am-7:30am	\$172/\$193

Location: South Pool

## Women's Synchronized Swimming ♥

Join us and combine swimming and exercise at the same time. This exciting class will teach you water movements and the strokes you need. Class may be split according to ability.

Ages: 18+

23371	Tu	Sep 11-Dec 11	9:40am-11am	\$75/\$94
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Location: South Pool

## Lifeguard Pre Test ♥

Participants must be 15 years old by course completion! Attendance to ALL classes is 100% Mandatory - No Exceptions. Participants must be able to swim 300 yards (100 breaststroke, 100 front crawl, 100 choice of breast or free), retrieve a 10 pound diving brick from 7-10 feet of water and swim with it 20 yards in 100 seconds and MUST pass the pre-test to register for Lifeguard Training! Pre Test fee is NON REFUNDABLE! Please call for class times!

23457	Th	Dec. 27	11am-11:30am	\$20
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Location: South Pool

## Lifeguard Training ♥

Applicants must pass the pretest in order to participate in this course. Class includes first-aid and CPR-FPR. Note: Participant must be 15 years old by course completion. This is an American Red Cross class.

23458	Th	Dec 27	11:30am- 7pm
	F	Dec 28	11am- 7pm
	Sa	Dec 29	11am- 7pm
	Su	Dec 30	11am- 7pm

Location: South Pool \$130

Fee = Resident/Non-Resident

## ROCKIN' REWARDS

**Earn 1 Rockin' Reward point for every dollar spent!**

**Use points to pay for our programs.**

### HOW IT WORKS . . .

- Register in a course or purchase a membership, and your family account will be credited 1 point for every dollar spent.
- Special incentive for Step Up to Health. Double your points! Register for a SUTH program ♥ and earn 2 points for every dollar spent.
- Points are added to account two weeks after start of next registration period. Membership points are credited when pass expires.

### REDEEMING POINTS . .

- Registrant must have all points needed — 40 points per dollar cost. No combination of points and cash/check/credit card accepted.
- 800 minimum point redemption (or \$20). Dollar value of course or membership must be greater than \$20.
- To pay for a course or membership with points, visit any of our Recreation Centers, City Hall, or mail/fax in your registration. Note: Paying with points is not an option if registering online or by phone.

**Rockin' Rewards is our way of saying "Thank You" for Getting Up, Getting Out and Getting Active**